

The Warren Grant Magnuson Clinical Center

Information you'll need about the hospital at NIH

Information for Inpatients

What to bring

Washington, D.C., weather is unpredictable, but it tends to be warm and humid in the summer; cold and sometimes snowy in the winter. Occasionally, cold weather occurs during the spring and fall. All patients are encouraged to go outside or take field trips whenever possible and should bring appropriate outdoor clothing.

Clothing

Unless your doctor tells you otherwise, you are urged to be up and dressed during the day. If you are an inpatient and not confined to your bed, you should plan to wear casual street clothes and comfortable walking shoes. If you prefer to go out of your room in nightclothes, please put on your bathrobe. At night, you will probably prefer to use your own night clothing, robe, and slippers. However, the Clinical Center can supply free standard hospital nightwear. Please remember always to wear shoes or slippers.

Personal effects

If you are an inpatient, please keep in mind that storage space is limited. Plan carefully so that you will have enough clothing and personal items. Adults often bring favorite photographs or mementos. Children are encouraged to bring a favorite toy.

Mechanical appliances

Standard wheelchairs are provided, but you should bring specially constructed mechanical appliances with you.

Recreational items

Because there is a television and radio available in every patient room, you will not need to bring your own TV or radio. The hospital has a well-stocked library for patients, and you will have access to a TV set and VCR. Trained therapeutic recreation specialists will invite you to share in such activities as movies, games, and crafts.

Valuables

Do not bring such valuables as precious jewelry or irreplaceable items, or a large amount of cash.

Appliances

To ensure a safe environment on the patient care units and throughout the hospital, we have a policy about electrical appliances patients may bring. Such small personal appliances as electric razors or hair dryers are okay, but they should require standard 110-volt electricity and should not show signs of damage

(frayed cords). Appliances must not need to be connected to government property. Irons, portable heaters, heating pads, hot plates, toasters, hot oil popcorn poppers, and other kitchen appliances used to heat and prepare food are not permitted.

Because of concerns for the operation of medical equipment, use of cellular phones and other transmitting devices is restricted in some patient-care areas.

Useful hospital information

Lodging and food for companions

For your convenience, a list of hotels and motels near NIH is attached. We've also included a shuttle schedule between some of these establishments and the Clinical Center. If you would like less costly rooms, admissions personnel will help arrange housing in private homes registered with the hospital. These rooms are for inpatients' relatives only. Some of these homeowners will accept roomers for a night or two; others will accept them only for a stay of a week or longer.

A cafeteria on the second floor of the Clinical Center is open to the public Monday through Friday 7 to 2:30 p.m. another cafeteria on the B1 level is open weekdays 5:30 a.m.-11 p.m. and weekends 6 a.m. -11 p.m. Your companions may also wish to shop or dine in downtown Bethesda, located about 2 miles from the Clinical Center.

Visiting Hours

Visiting hours are generally from 9 a.m. to 9 p.m. although on some units, hours may vary. In addition, some units have age restrictions for visitors.

Smoking

The National Institutes of Health supports the need for a healthful and safe environment. Therefore, smoking by patients, visitors, and staff is prohibited in all NIH buildings, including the Clinical Center. Smoking is not permitted within 100 feet of any Clinical Center entrance.

Mail

Mail is usually delivered to your room at least once a day, Monday through Friday. Special delivery and registered mail will be distributed as soon as possible.

At the self-service post office on the B-1 level, you may buy envelopes and stamps and mail letters. If you need help, ask the unit coordinator or a hospital volunteer. Provide this address to your friends and relatives: (Your name), Clinical Center, Building 10 Patient Care Unit _____, 10 Center Drive MSC 1161, Bethesda, Maryland 20892-1161. ATTN: Patient Mail.